

Chic' Penne

Meal Components: Vegetable, Vegetable - Dark Green, Grains, Meat / Meat Alternate

Breads, Main Dishes

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3gal	1. Heat water to a rolling boil
Penne pasta, multi-grain, dry	3 lb	3 qt 3 1/3 cups	6 lb	1 gal 3 1/2 qt	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	3. Toss cooked pasta with garlic. 4. Transfer pasta to steam table pan (12" x 20" x 2 1/2").
*Fresh broccoli florets, chopped 1"	1 lb 9 oz	2 qt 3 1/4 cups	3 lb 2 oz	1 gal 1 1/2 qt	5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb	3 1/4 cups	2 lb	1 qt 2 1/2 cups	6. Add broccoli and chicken to pasta. Mix well.
Low-sodium chicken broth		1/2 cup		1 cup	7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 25 servings, use 1 qt milk (reserve remaining milk for step 8). For 50 servings, use 2 qt milk (reserve remaining

Salt		1 Tbsp		2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Nonfat milk		1 qt 1 1/2 cups		2 qt 3 cups	
Enriched all-purpose flour		1/4 cup		1/2 cup	8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.
Reduced-fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	9. Add cheese. Continue to stir until cheese melts
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8 oz	2 cups	1 lb	1 qt	

10. Divide cheese sauce evenly and pour over pasta mixture.

11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

12. Critical Control Point: Hold for hot service at 135 °F or higher.

13. Portion two 6 fl oz spoodles (1 1/2 cups).

Our Story

Students who have a passion for food and who enjoy a challenge were handpicked by their food science teacher. Once the team was formed, they began to strategize, and the recipe creation began at a very basic level. With the help of pictures, the team discussed all the foods eligible for the competition. Using a chalkboard, they wrote down what each team member liked to eat and began to form the basic dishes they wanted to try. After a couple of test runs, the team was ready to try out their recipe creation on the Winograd students. Their creation, Chic' Penne, was an instant hit with kids.

Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too! This main dish will be an instant hit with your children.

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington (AmeriCorps VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

For a creamier sauce, use an equal quantity of fat-free half and half in place of milk.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Broccoli	1 lb 9 oz	3 lb 2 oz

Serving	Yield	Volume
1 1/2 cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, and 1 3/4 oz equivalent grains.	25 Servings: about 14 lb 50 Servings: about 27 lb 8 oz	25 Servings: 1 steam table pan 50 Servings: 2 steam table pans

Nutrients Per Serving					
Calories	299.26	Saturated Fat	2.16 g	Iron	2.32 mg
Protein	18.64 g	Cholesterol	25.88 mg	Calcium	230.49 mg
Carbohydrate	44.43 g	Vitamin A	618.36 IU	Sodium	417.56 mg
Total Fat	5.5 g	Vitamin C	17.23 mg	Dietary Fiber	5.53 g